1. **What is the difference between a spreadsheet and a database?**
   a. A spreadsheet is a "computer program that allows users to organize data in rows and columns. It is often used for storing, manipulating, and analyzing data in tabular form".
   b. A database is more like a "structured collection of … data, often managed and stored in an organized manner for easy retrieval and analysis". Database formatting differs from spreadsheets as they aren't comprised of cells.
2. **What are the advantages and disadvantages of using a spreadsheet for health data management?**
   a. Advantages: easier to learn and use, ideal for calculations and small datasets
   b. Disadvantages: Limited scalability, data relations, data integrity, multi-user accessibility, and security
3. **What are the advantages and disadvantages of using a database for health data management?**
   a. Advantages: ideal for larger datasets/larger volumes of data, better scalability, multi-user accessibility, data relations, and integrity.
   b. Disadvantages: Harder to learn and use, relies on SQL knowledge, not ideal for simple calculations, basic analysis and visualizations
4. **What are some examples of tasks that can be performed using a spreadsheet?**
   a. Data entry, data manipulation, data analysis, data visualization
5. **What are some examples of tasks that can be performed using a database?**
   a. Database normalization (ex: 1NF, 2NF, etc.), data analysis
6. **What are some examples of tasks that can be performed using both a spreadsheet and a database?**
   a. Data analysis
7. **What are some examples of tasks that can be performed using neither a spreadsheet nor a database?**
   a. Translating text
8. **What are some examples of tasks that can be performed using a spreadsheet but not a database?**
   a. Data manipulation within cells
9. **What are some examples of tasks that can be performed using a database but not a spreadsheet?**
   a. Sophisticated querying, reporting, and analysis, data normalization
10. **What are some examples of tasks that can be performed using both a spreadsheet and a database?**
    a. Same as Question 6